Fat is healthy? Nutrition myths dispelled

By SHIRLEY W. WALTON
Extension Agent

Would you like to get out a pencil and try a brief little quiz to test your knowledge of foods and nutrition? If so, mark each of the following five statements true or false:

--Fish is good for the brain. T F
--Honey and vinegar will cure almost anything. T F
--Lightening causes milk to sour. T F
--Vitamin E will improve your life. T F

Each statement above is false. Many myths about food, nutrition, and the environment have died out in recent years, but some silly fallicies still live on. There are no significant deficiency diseases caused by a lack of vitamin E. In fact, vitamin E is available in so many foods we eat that a human deficiency of E has never been found.

The false idea that lightening causes milk to sour probably arose because refrigeration was not available years ago. Lightening usually occurs in the summer when milk is more likely to sour anyway if kept at room temperature.

One of the oldest myths about food is the notion that to be fat is healthy, desirable and beautiful. This idea was held widely until the industrial revolution spread to agriculture and food became more plentiful in the first half of the 19th century. Fatness was a sign of food abundance and, therefore, success and security. Paintings by great artists during that period of time portrayed the idea that "fat is beautiful."

Today we know that excess fat carries with it a number of health risks. In today's fashions, we also know when buying them that "Thin is in."

Bread has always been connected to myth and symbolism. The word "cereal" comes from Seres, the Roman goddess of agriculture. Many years ago, it was common belief that bread baked on Good Friday and hung in the house would protect it against evil influences.

Today, consumers can choose between whole grain and enriched white bread. The nutritional value is similar except that whole grain breads contain more fiber and trace minerals.

The "natural is good" belief extends far beyond cereals. Many people believe "natural" means that there are no artificial ingredients added. Therefore, natural foods are more wholesome and more nutritious or better in some other way.

Actually foods with no artificial ingredients may not always be the best choice. Some molds, for example, are more hazardous to our health than the preservatives used to prevent mold growth. Not all "natural" foods are 100 percent natural. The U.S. Food and Drug Administration have no legal definition for this word. Quite often so called natural foods are expensive and if you want to know the real, bare bones truth of the matter, many times we consumers are exploited because of the word "natural" and pay two prices for an item that could be purchased somewhere else for 1/2 to 1/3 the cost.

Good News For Homemakers
HOME ECONOMICS

Honey is another important food that is surrounded with mythology.

All honey, a product of the bee, has to be natural. So, however, is table sugar when it comes straight from the sugar cane or sugar beets. Regardless of price or labels, honey is a useful, pleasant sweetener nothing more. And I might add, many of our fruits and vegetables taste better when prepared with honey rather than just table sugar.

This is because of the delicate, delightful flavor that we get from good honey.

Many diabetics mistakenly think that honey is not sugar, and, therefore, is alright for them to eat. Actually honey is made of simple sugars that enter the blood stream rapidly making it hazardous for a diabetic to use. Honey also has more calories cup for cup than table sugar.

In coastal areas many persons avoid drinking milk while eating oysters or fish. Often these same people show no hesitation in eating oyster stew made with milk. Now this is a good one for you. Think of how we enjoy our oyster stew in this part of the state and I know all of us have heard people discuss drinking milk with oysters and fish.

Is it true that bread and potatoes are fattening and have little nutritional value? No. Both are good sources of carbohydrates and contain many vitamins and minerals. A slice of bread or medium sized potato has about the same number of calories as an orange. Potatoes are also excellent sources of vitamin C and potassium.

Did you know that no single food is fattening? The continuous consumption of more calories than needed is what makes a person fat. Long-term weight reduction is the result of changing problem eating habits and initiating a well balanced, low calorie diet that fits easily into a persons life style.

As we have looked about some of the facts and myths about food today, I hope this will be helpful to you. As we prepare for the holiday season, remember, it's not the one single food, but it is the many foods that we eat too much of at one time.

If you have a homemaking question or problem, you may call 352-5244 or you may write P.O. Box 488, Appomattox, Va. 24522.

It is always a pleasure to hear from you and to help you. Have a good week!

RECIPE OF THE WEEK
Carrot Bread

6 eggs
1 lb. brown sugar (1 box)
1 cup white sugar
2-1/4 sticks margarine
4 - 1/2 cups all purpose flour, unsifted
1 tablespoon baking powder
2-1/4 teaspoons soda
1/2 teaspoon salt
4 teaspoons ground cinnamon
3 cups finely shredded raw carrots
1-1/2 cups raisins
1/2 cup orange juice
1 tablespoon lemon extract
1 tablespoon vanilla flavoring or extract

Mix well the margarine and two kinds of sugar, beating until thoroughly creamed. Add eggs, beating one at a time. In a separate bowl, stir together flour, baking powder, soda, salt and cinnamon until thoroughly blended. Mix dry ingredients into egg mixture until smooth and well blended. Add 1/2 cup orange juice and both extracts. Spoon into four well-greased 9 x 5 inch loaf pans. Bake in a 350 degree oven for one hour or until a wooden skewer inserted in the center comes out clean. Makes four medium loaves.

This spicy loaf has an intriguing flavor, fine texture and a crisp crust. To make round loaves, you can bake this bread in one-pound vegetable or fruit cans.

This delicious-tasting bread will make excellent gifts for the holiday season.

Yesteryears

Compiled by FRANCES ABBITT

This week we'll take a look at Appomattox in 1909 and early 1910 and see what was happening in November, December and January. (Material courtesy of Bob Jamerson).

Nov. 3, 1909

A total of 650 votes were cast in Appomattox County on Nov. 5, 1909.

Nov. 10, 1909

A.H. Clement, editor, attended Court Day in Buckingham Court House on Monday of this week.

The dedication of the new church building of the Presbyterian Church at Hixburg was postponed due to inclement weather on Nov. 7, 1909.

The Bank of Appomattox reported capital, surplus, and undivided profits totaling $22,000.

Taylor and Taylor, "Outfitters for Womankind", were offering Appomattox ladies the benefits of their reduced prices as a result of a buying trip to New York.

Appomattox Tobacco Warehouse operated by T.W. Moses and Co., opened Nov. 1, 1909, with a full set of buyers. Open five days per week Monday through Friday.

Nov. 17, 1909

The Ladies Aid Society of Salem Methodist Church have made their plans for an Oyster and Meat supper, also including ice cream and cake at Union Academy Building Spout Springs for Thursday Nov. 25, 1909.

Nov. 24, 1909

Robert W. Burkey and C. Andrew Wingfield reported receiving good prices for their burley tobacco.

Lynchburg Equipment Company advertised "STUDEBAKER" horse drawn wagons as being the finest wagon under paint.

Purdum and Caldwell announced a shipment of carload of salt. They also offered one group of shoes reduced from $5.00 and $6.00 a pair to $3.50.

Dec. 1, 1909

Tobacco sales were reported strong on the Appomattox Tobacco Market. The Dillwyn Tobacco market advertised in the Times-Virginian this week.

The Times-Virginian was expecting to move into their new building on the west end of Main Street in Appomattox around Jan. 1, 1910.

Dec. 8, 1909

Tobacco prices on the Appomattox market range from $6.00 per hundred pounds of tobacco to $35.00 per hundred.

The Prince Edward Cigar Company, Inc., Farmville advertised their best cigars at 5 and 10 cents each.

Appomattox Court House Presbyterian Church announces plans for the "feeding of the goose" Christmas Program for Friday evening, Dec. 24, 1909.

Mr. and Mrs. T.W. Moses will move into their newly constructed home on Church Street, next door to Liberty Baptist Church, on week of 12/15/09.

Dec. 22, 1909

The Appomattox County School Board announced the completion of the new high school and grade school at Oakville.

Jan. 5, 1910

A three inch blanket of snow covered Appomattox earlier this week.

Mr. Charles Seay and Miss Annie V. Martin were united in marriage a the Methodist parsonage by the Rev. R.B. Blankenship on Saturday, Jan. 1.

The Southern School of Tele-

[Continued on page 10]

CHRISTMAS OPEN HOUSE
The Plant Place & Harding's Florist
Route 40 - Phenix, Virginia
Friday, Nov. 30 - 8:30 - 5:30
Saturday, Dec. 1 - 8:30 - 5:00
Sunday, Dec. 2 - 1:00 - 5:00
"Big Beautiful Poinsettias Now Ready"
Chrsitmas Decorations
"Come Early For Best Selection
DOOR PRIZES
PHONE 542-4240

POPES
Family Centers
Triangle Plaza Shopping Ctr.-Appomattox
Hours: 9-8 Mon.-Sat.; 1-6 Sun.
Prices Effective Nov. 29 thru Dec. 5
SALE! NEW CHRISTMAS HOURS START FRIDAY, NOV. 30 9 - 9 Santa Will Be Here Sat., December 1 - 6 - 8:30 pm SALE!
Aladin "Temp Rite 16" 15,200 BTU Convection KEROSENE HEATER Reg. $99.88 $79.88 SALE
TOY CLEARANCE On Selected Items By Mattel, Kenner, Fisher Price And More. Reduced Up To 50%
Rynveld 6 Ft. Scotch Pine CHRISTMAS TREE Reg. $15.99 SALE $11.88
Large Assorted GIFT BOXES SALE 97c
25 Count ASSORTMENT BOWS SALE 2 PKG. $1.00
SUPER SATURDAY Prices Good Only December 1st With Quartz Analog Clock New MR. COFFEE Reg. $45.99 SALE $35.97
FREE Solo Bathroom Cup Dispenser With 15 Cups To First 100 Customers One Per Customer Please
Many More Items Listed In Our 8 Page Circular

20% OFF
AMEREX Current Seen
MEN'S & LADIES' WINTER JACKETS & COATS
MEN'S POPLIN/CORDUROY COMBO JACKET S-M-L-XL Reg. $36.00 SALE $28.00
MEN'S CHINTZ JACKET S-M-L-XL Reg. $31.00 SALE $24.00
MEN'S POPLIN SURVIVAL COAT W/HOOD S-M-L-XL Reg. $42.00 SALE $33.00
OPEN FRIDAY UNTIL 8:00 p.m.
LADIES' KNIT SWEATER JACKET S-M-L Reg. $42.00 SALE $33.00
LADIES' LEATHER LOOK JACKET S-M-L Reg. $27.00 SALE $21.00
LONG LEATHER LOOK COATS 10 - 16 Reg. $35.00 SALE $28.00
LADIES' ALL WEATHER COAT 12 - 16 Reg. $52.00 SALE $41.00
HALF SIZES ALL WEATHER COATS 16½ - 24½ Reg. $47.00 SALE $37.00
MARSHALL'S DEPT. STORE
MAIN STREET - APPOMATTOX, VA.

Photo by Robert Pankey
Mrs. Daniel Frederick Elliott

Bagby, Elliott are wed

The marriage of Miss Blanche Marie Bagby to Daniel Frederick Elliott took place on Saturday, Nov. 17, at 1 p.m. in the Mt. Zion Baptist Church in Red House. The Rev. James Cabell, Sr. pastor of the church, officiated at the double ring ceremony.

The bride is the daughter of Mr. and Mrs. Lawrence Bagby, Sr., of Appomattox. The bridegroom is the son of Mr. and Mrs. Harmon Elliott of Philadelphia, Pennsylvania.

The bride was given in marriage by her father.

Mrs. Louise Randolph of Phenix was matron of honor. Miss Juanita Hurt of Appomattox was maid of honor. Bridesmaids were Miss Candis Clark of Appomattox; Miss Denise Lovelace of Phenix; Miss Cherry Lovelace also of Phenix; and Mrs. Wanda Evans of Appomattox.

Mr. David Elliott, brother of the groom, was best man. Michael Randolph of Appomattox was second best man, ushers were Michael Scott of Lynchburg; Dannis Patrick, Cornelius Davis and Timothy Berkley all of Appomattox.

Alethea N. Bagby, niece of the bride and Kaunaki Robinson of Appomattox were flower girls. Randy Franklin Jr. of Appomattox was ring bearer and Ryan Ferguson of Appomattox was train carrier.

The bride is a graduate of Appomattox County High School and the groom is a graduate of Strawberry Mansion High School, Philadelphia, Pa., and is employed with Packard Press Printing Co. Philadelphia.

The couple will make their home in Philadelphia, Pa.

Oakville club planning dinner

The Oakville Home and Garden Club will have its Christmas family dinner at 6 p.m. Saturday, Dec. 8 at the Oakville School.

Each member is requested to bring a vegetable and salad or dessert. Meats and drinks will be furnished.

There will be entertainment after dinner.

Raglands announce birth

Mr. and Mrs. Clarence E. Ragland Jr. (Eddie and Cheryl) are proud to announce the arrival of a daughter, Crystal Renee on Nov. 19, 1984.

Crystal weighed seven pounds and was 20 inches in length.

She has a sister, Angela, age seven.

Maternal grandparents are Mrs. Vera Cunningham and Mr. Harry McCormick of Gladstone.

Paternal grandparents are Mr. and Mrs. Clarence E. Ragland Sr. of Appomattox.

Paternal great-grandparents are Mr. and Mrs. C.L. Greene of Spout Spring, and Mrs. Essie Ragland of Appomattox.

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Times-Virginian
SOCIAL

At Presbyterian Church

Bazaar set for Nov. 30

The annual Christmas Bazaar, sponsored by the women of the Appomattox Court House Presbyterian Church will be held on Friday, Nov. 30 from 10 a.m. until 7 p.m. and on Saturday, Dec. 1, from 9 a.m. until noon.

The bazaar will offer handiwork of all kinds, baked goods, homemade stew and gifts for that special someone on your list.

In addition the bazaar will feature all kinds of decorations for the home and tree, all carefully made by the women of the Stitch and Chatter Club of the church.

The bazaar will be held in the Appomattox Court House Presbyterian Church in Appomattox.

Bettie Bywater elected

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Nevada Parliamentarians elected Mrs. Bettie Bywater of Boulder City, president of the Nevada Association of Parliamentarians at their biennial convention held in Reno.

Mrs. Bywater is a past president of Lake Mead Unit in Henderson and is a member of the Executive Board of the National Association of Parliamentarians. The Parliamentarians serve organizations as advisors in the proper order of business.

Mrs. Bywater was also appointed as Grand Marshal of the Grand Chapter Order of Eastern Star at their annual Grand Chapter held in Reno in October.

Mrs. Bywater is the daughter of Blaine and Edna Goad of Route 3, Appomattox. She plans a visit to Virginia in January.

Noyes, Jones to wed

Mr. and Mrs. Francis J. Noyes of East Hartford, Connecticut announce the engagement of their daughter, Patricia Frances Noyes, Virginia Tech, Blacksburg to Dennis Harold Jones of Virginia Tech, Blacksburg, the son of Mr. and Mrs. Harold J. Jones of Spout Spring.

The wedding will be an event of June 29, 1985 in Blacksburg.

Moore, St. John will wed

Alice L. Moore

Mr. and Mrs. James A. Moore of Pamplin proudly announce the engagement of their daughter, Alice Lawern, to Samuel Leon St. John, Jr., the son of Mr. and Mrs. Samuel St. John of Phenix.

Miss Moore is a 1982 graduate of Norfolk State University where she received a Bachelor of Science degree in Early Childhood Education. She is a member of the National Sorority of Phi Delta Kappa Inc.

Miss Moore is employed by the Appomattox County School System.

The wedding is planned for Dec. 22, 1984 at four o'clock in the afternoon at Mt. Zion Baptist Church in Phenix. The Rev. J. Cabelle will be the officiating minister.

Relatives and friends are invited.

ACRTA sets meeting date

The Appomattox County Retired Teachers Association will meet at Liberty Baptist Church on Tuesday, Dec. 4.

A covered dish luncheon will be served at noon.

All members are being asked to come and bring a covered dish.

Goins announce birth

Steve and Susan Goin proudly announce the birth of their second child, a daughter, Sally Delta Goin.

Sally was named in honor of her grandmother, the late Delta Hamlin of Pamplin.

Sally was born Oct. 25, 1984. She weighed 8 pounds and 7 ounces and was 20 inches long.

Sally has an older brother, Christopher Stephen, age 4.

Maternal grandfather is Mr. Raymond B. Hamlin, Sr., of Pamplin.

Paternal grandparents are Mrs. Alice Goin of Appomattox and the late Dewitt T. Goin.

Church bazaar set Dec. 1

The ladies of the Pamplin United Methodist Church will hold their annual bazaar on Dec. 1 beginning at 10 a.m.

This year in addition to all of our lovely handmade items we will also be selling baked goods and serving a delicious lunch.

The lunch will include ham biscuit, sausage biscuit, baked beans, potato salad, a slice of pie and a beverage.

Look at finances before the wedding

Love may be more comfortable the second time around, but it also is more complicated, especially if the new union involves children and property from previous marriages.

That is why many suggest considering a prenuptial financial agreement to forestall postnuptial problems. Such agreements are becoming so common that the National Conference of Commissioners on Uniform State Law is drafting national standards for prenuptial agreements.

Since financial incompatibility is a common cause of divorce, it's better to find out about disagreements beforehand. A well planned prenuptial agreement may contribute to marital happiness. If a second divorce does occur, it is well to have discussed a fair division of property.

Generally, prenuptial agreements are legally binding. One instance in which a prenuptial agreement might be overthrown is where one or both parties failed to make a complete disclosure of their assets.

Discussing the following concerns can help you define the terms of your own prenuptial agreement.

--How do we protect bequests of children from both marriages when the second spouse dies?

--What happens to ownership of our homes when one of us dies?

--How do we handle assets or debts from the first marriage?

--Who gets family heirlooms?

It is important to make sure that children from both marriages are treated fairly when property is distributed. Keep in mind that a previous will may not be valid when you remarry. Depending on the ages of the children, solutions might involve the use of gifts or trusts.

Ownership of property in joint tenancy with your second spouse may not give you the intended result if you have children from the first marriage.

For example, if the mother of the family died, her share of the property held in joint tenancy could go to her husband and he might in turn leave it to his children, leaving her own children from the first marriage out of the property division.

If the children are minors, you and your current spouse might want to provide for their care or agree on a possible guardian in the event of your death. A trust could be set up to provide money for education and you could also give them money or other assets under the Gift to Minors Act.

Of course, you probably will want to provide for your present spouse when you die, unless he or she is financially independent. Check life insurance policies and update beneficiaries. If the partner from the first marriage is living, he or she may still be entitled to life insurance or pension benefits accumulated during the first marriage.

When you die, most states stipulate that the current spouse has the right to receive at least one-third of the estate. This could be in the form of cash or property. Frequently, the spouse of the current marriage receives the home as part of that share.

Through a trust, it is possible to ensure your current spouse a lifetime income from assets. When the surviving spouse dies, the trust transfers the assets to your children or whomever you choose as beneficiary.

You're Invited To
Christmas Open House
Saturday, Dec. 1, 9 a.m.-5 p.m.
Sunday, Dec. 2, 1 p.m. - 5 p.m.
Refreshments and Door Prizes
Ceramic Lady
352-5339
Rt. 24 - Appomattox

Have Your Christmas Custom Made
YOU'RE INVITED TO GET INTO THE HOLIDAY SPIRIT EARLY!
Join us in celebration of the holiday season at our Open House on:
Sunday, December 2, 1984
1 'til 4 p.m.
Our entire shop will be decked out in beautiful floral arrangements for the holidays. Centerpieces, festive floral gifts and decorations that make the Christmas spirit come alive!
Plan on attending. We'll show you how you can wrap up your Christmas shopping early.
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WE HAVE IT MADE IN VIRGINIA

Can I help you hear better?
Dennis Farnsworth
I will be at Lee Grant Motel Hwy. 460, Appomattox Wed., Dec. 5, 1984 from 9 a.m. to 12 noon
Free Cleaning & Check-Up Of Any Hearing Aid
Free Electronic Hearing Test
Special Battery Discount
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Christmas Open House
Dec. 1, 9 a.m. to 5 p.m.
10% Off Cash & Carry
Fresh floral arrangements for any ocassion. A good selection of silk arrangements, green & flowering plants. Funeral tributes and weddings. Place you order now for beautiful Poinsettias.
Discount To Churches
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Wed. & Sat. 9 - 1 — After Hours 352-8823